

	▶ DIABETES IN INDIANA.....1
	▶ DIABETES & CARDIOVASCULAR .....4
	▶ WORLD DIABETES DAY RESOURCES.....6
	▶ CELEBRATING OUR COMMUNITIES .....8
	▶ UPCOMING NEWS AND EVENTS .....9
	▶ PARTNERS .....10

# INControl Diabetes

## DIABETES PREVENTION AND CONTROL PROGRAM MISSION:

TO REDUCE THE BURDEN OF DIABETES IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

## Diabetes *in Indiana*

2009  
**450,000**  
**9.3%**

Everyday, we meet someone affected by **diabetes**. A friend, family member, co-worker, or neighbor that has been diagnosed with this chronic condition. Over the past 10 years, the number of people with diabetes has continued to grow. Internationally, nationally, and in our state, the figures have increased.

The most recent surveillance and analysis of diabetes in our state has revealed its extensive effect on our communities.

- In 2009, over 450,000 Hoosier adults (9.3%) have been diagnosed with diabetes.
- 18.4% of those adults were between the ages of 55-64 and 22.3% were 65 years and older.
- Based on national findings, it is estimated that over 3% of Indiana adults are yet undiagnosed.

The [2011 Burden of Diabetes in Indiana](#) details the number of people with diabetes and their complications, rates of mortality and hospitalization, and overall effect on disparate populations.

*Continued on page 2*



## Centers for Disease Control and Prevention Health-e-Cards



### Promote World Diabetes Day—November 14, 2011

Every year, World Diabetes Day brings **diabetes** to the attention of the world.

Send an electronic greeting card to friends, family, co-workers, community members, and healthcare providers.

**To send a card—visit:**

<http://www2c.cdc.gov/ecards/message/message.asp?cardid=525&category=169>

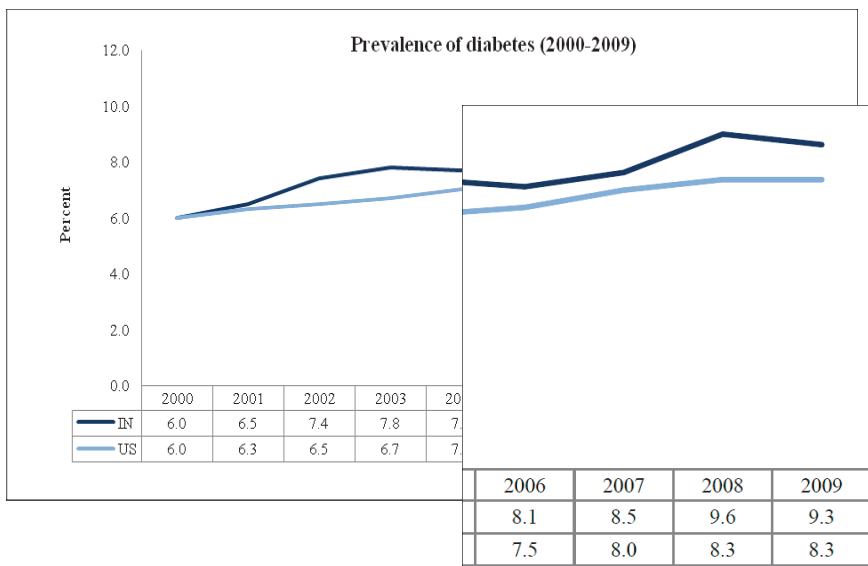


Indiana State  
Department of Health

## PREVALENCE

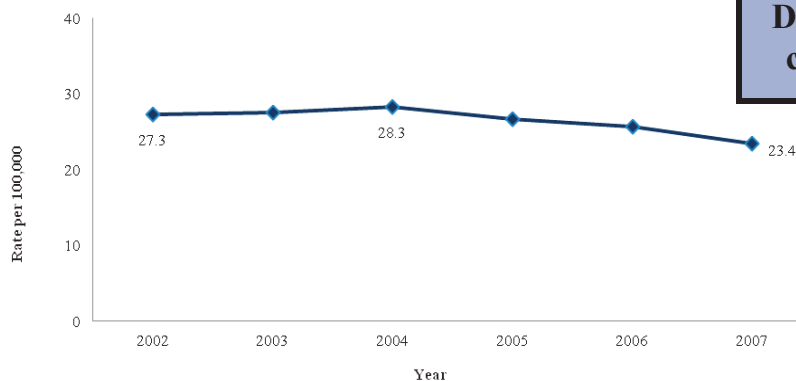
**In Indiana, the prevalence of diabetes has grown, increasing by over 50% from 2000 to 2009.**

**35%** of adults are estimated to be “pre-diabetic”.  
(condition involving impaired glucose tolerance & impaired fasting glucose).



## MORTALITY

**Diabetes mortality rates\*, Indiana (2002-2007)**



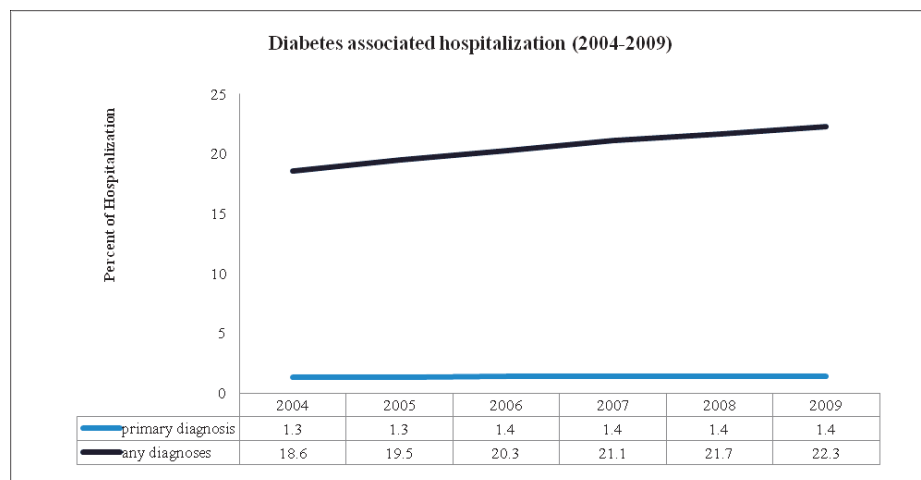
**Diabetes is the 7th leading cause of death in Indiana.**

**Diabetes is the 4th leading cause of death among Hoosiers aged 55-64 years. It is the 5th leading cause of death for those 65 years and older.**

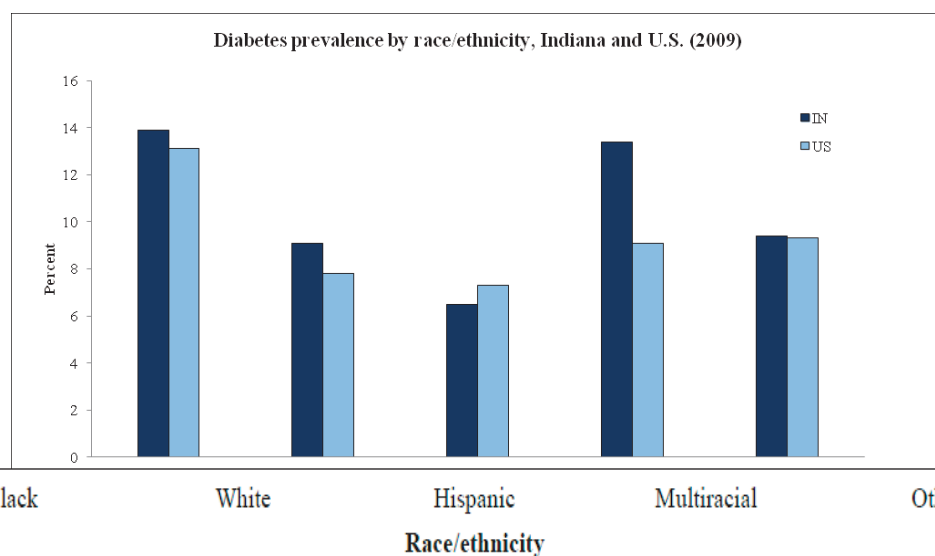
## HOSPITALIZATION

**\$4 billion**  
Total estimated cost incurred by the state of Indiana.

**Average length of stay associated with diabetes**  
**4.9 days.**

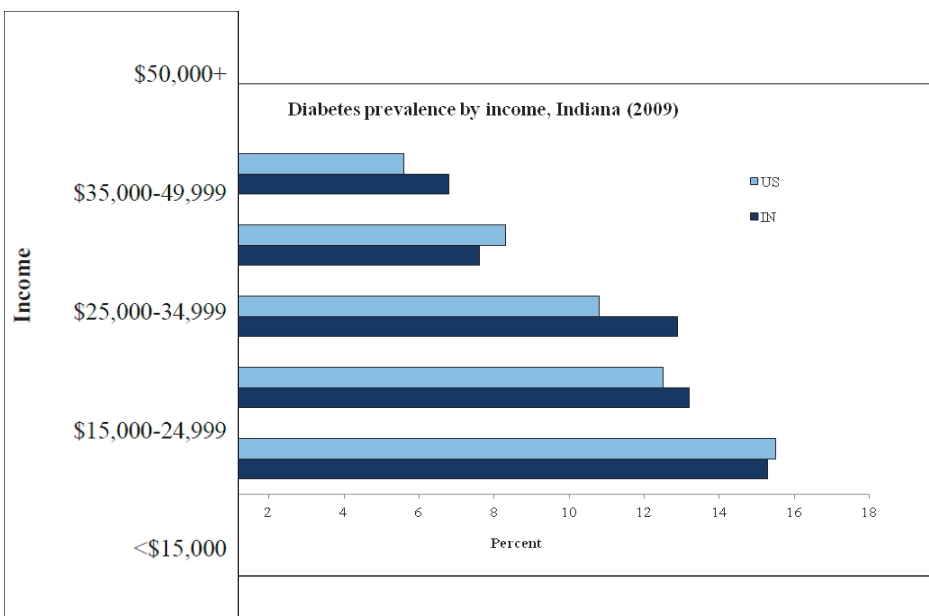


**Despite advances in diabetes care, some populations develop the disease at higher rates or at greater severity than the general population.** While disparities in health are often associated with race and ethnicity, they can also be associated with numerous factors, including age, gender and socioeconomic status. It is important to comprehensively understand all social determinants of health in order to plan public health interventions and inform public health decisions such as planning and resource allocation.



**Non-Hispanic blacks in Indiana are at higher risk of having diabetes, developing complications, and dying from the disease at earlier ages than non-Hispanic whites.**

**RACE/ETHNICITY**



**Individuals with a lower income have a higher prevalence of diabetes.**

**Prevalence for those with an annual household income of less than \$15,000 was 15.9% compared to 6.8% in those with a yearly income of \$50,000 or higher.**

**INCOME**

The 2011 Burden of Diabetes estimates county level data. [Click here to find your local information.](#)



## “Diabetes & *Cardiovascular* Efforts”

- **71.8%** of all Hoosier adults with diabetes have high blood pressure.
- **68.3%** of all Indiana adults with diabetes reported having high cholesterol.

The *2011 Diabetes Burden in Indiana* report confirms the need for to address the growing number of people with diabetes overwhelmed by the risks and complications of heart disease. Diabetes alone is a serious risk factor for heart disease, but when combined with other risk factors, such as high blood pressure and/or high cholesterol, diabetes raises the risk of heart disease or further complications of heart disease.

The ISDH **Diabetes/Cardiovascular Health Section** and the **Diabetes/Cardiovascular Health Coalition** prepare for the future by exploring new initiatives and partnerships to aid in improving the lives of Hoosiers.

The ISDH **Diabetes/Cardiovascular Health Section** is completing an assessment of the burden of cardiovascular health in Indiana. The *Cardiovascular Burden Report* should be available by 2012. A sodium reduction initiative in Johnson County was funded, as well. (*Details on the Johnson County initiative are on page 8*)

The **Diabetes/Cardiovascular Health Coalition** transition team is currently meeting to make decisions on structure, additional partner needs, and bylaws.

### Are you interested in learning more about:

- The Diabetes/Cardiovascular Health Coalition?
- Being a part of the Diabetes/Cardiovascular Health Coalition transition team?
- Inviting a partner with a vested interest in cardiovascular health to the Coalition?

**For more information :**

**<http://www.in.gov/isdh/19709.htm>**



**Heart disease and stroke are two of the leading causes of death in the United States. Of the more than 2 million Americans that have a heart attack or stroke each year, 800,000 of them will die.**

Million Hearts is a national initiative to prevent one million heart attacks and strokes over the next five years. Co-led by the CDC and the Center for Medicare and Medicaid Services, the plan emphasizes a combined approach to reach clinicians and communities. Other federal agencies and key private-sector partners will support the efforts by promoting the use of ABC's, smoking cessation, improved nutrition, and reduced blood pressure to reach their goal and reduce the burden of cardiovascular disease in the nation.

The Million Hearts initiative is greatly concerned with improving care for those especially at risk for heart disease. In light of the increased prevalence of diabetes and obesity, the public and private partners are to work to expand the Diabetes Prevention Program. A program designed to promote weight loss, improve nutrition, and increase physical activity in those at risk populations.

[Click here to learn more about “Million Hearts” and join the effort!](#)

# NEW Data & Analysis Tools

from the Centers for Disease Control & Prevention

NEW tools to assist you are now available on the **Data to Action** website!

The CDC realizes that making key data more accessible promotes policy, system, & environmental changes to improve health.

Data is the foundation and driver of decision making and program delivery.

Click below to view the **three NEW** resources.

## Sortable Stats

*A quick connection to information and guidance on how to address health challenges.*

- An interactive data set of 20 behavioral risk factors & health indicators
- State-level data for all 50 states and Washington D.C.
  - Links to:  
Vital Signs, MMWR, NCHS Vital Statistics, and Health Indicators Warehouse

## Policy Implementation Analysis

*Winnable Battles policy implementation analyses provides:*

- State-level information about adoption of policy best practices
- Downloadable tables of analysis of implementation of state policy interventions and in-depth data for some Winnable Battle health indicators

## Burden Assessments

*What amount does your state contribute to the national public health burden?*

- Graphs detail the extent each state contributes to the national public health burden
- In many cases, a few states account for the largest portion of the burden
- Downloadable PowerPoint presentation offers comparative analysis between states

## November 17. *Take part in the Great American Smokeout.*

On November 17, encourage your patients to **QUIT NOW**. The

Quitline is available seven days-a-week from 8 a.m.-3 p.m. EST.

Services are available in both English and Spanish.

For other languages, translation is available through Interpretive Services.

TTY services are also available for the hearing impaired.

### Refer to the Quitline

- 1) **ASK** your patient about their tobacco use, document it, and then:
- 2) **ADVISE** your patient to quit and assess readiness to quit within the next 30 days and interest in receiving phone counseling.
- 3) **REFER** to the Indiana Tobacco Quitline. If your patient is ready to quit. Fill out the fax referral form along with your patient and have them sign for the consent as required by HIPPA. (Forms available online.)
- 4) Fax the form to: 1.800.483.3114
- 5) Refer the patient to a physician to prescribe pharmacotherapy, if appropriate.





# unite for diabetes . . .



On **November 14**, unite with the world to promote awareness in your community.

The International Diabetes Federation provides planning guides, printed materials, presentations, web banners, and social media tools for use in your efforts.



Download the [Campaign Book](#) to find actions and activities to increase awareness of diabetes in your community!



[Banners, buttons, leaders, and skyscrapers](#) are a great way to promote awareness on your webpage!

[Presentations](#) are available to you as you speak to local organizations and bring light to diabetes!



Quick guide to the history, the themes, and the call to action—[Booklets](#) are available in efforts to build diabetes champions in your community!



Five [NEW posters](#) can be distributed in your community to promote awareness!



- Every 10 seconds, 1 person dies of diabetes
- Every 10 seconds, 2 people develop diabetes

# National Diabetes Education Program (NDEP) Resources for National Diabetes Month

November is National Diabetes Month, and this year **NDEP** encourages you to ***make a plan*** to prevent diabetes and its complications.

Managing or preventing diabetes is hard work. But making a plan that works for you can make achieving your health goals easier. If you have diabetes or are working to prevent the disease, there are steps you can take to help you cope with your stress and emotions, eat healthy, be active, and manage your weight.

**You can get there from here—one step at a time!**



Get started at:

<http://www.ndep.nih.gov/resources/diabetes-healthsense/make-a-plan.aspx>

1

Think about what is important to your health. What are you willing and able to do?

2

Decide what your goals are. Choose one goal to work on first.

3

Decide what steps will help you reach your goal.

4

Pick one step to try this week.

## More NDEP and Partner Resources for NOVEMBER

Diabetic Eye Disease Month

Foot Health Issues Related to Diabetes Awareness Month

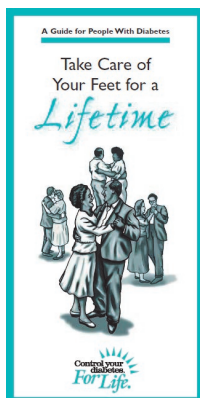
National Family Caregivers Month

Information for *Healthy Vision*

**Diabetic Eye Disease Website**  
Available in English & Spanish



Resources available at the website:  
<http://www.nei.nih.gov/diabetes/>



*Also available  
in Spanish!*

To download the  
complete brochure:

[http://  
www.ndep.nih.gov/  
publications/  
PublicationDe-  
tail.aspx?PubId=67](http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=67)



**Help a Loved  
One with  
Diabetes**

Download the  
factsheet:

[http://  
www.ndep.nih.gov/  
publications/  
PublicationDe-  
tail.aspx?PubId=45](http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=45)



## Shaking the Salt Habit

*The Partnership for a Healthier Johnson County and Esperanza Ministries is improving health in their community*

The Partnership for a Healthier Johnson County is implementing a plan that seeks out and reduces the sodium content in foods from participating local restaurants and grocers, with the support of the Indiana State Department of Health.

The Partnership is a county-wide wellness initiative led by Johnson Memorial Hospital, Franciscan St. Francis Health, Community Health Network and the Johnson County Health Department. Their initial efforts were to encourage community members to set personal weight and fitness goals. Their zeal to further improve the health of their neighbors has led to a plan to reduce the risk of high blood pressure and other chronic disease by locating the source.

The Partnership for a Healthier Johnson County's collaboration with Esperanza Ministries of Greenwood, Indiana, enables local restaurants and food retailers to promote lower sodium options, educate their staff and consumers about lowering the sodium content of their diets and establishing organizational policy that promotes healthier options for consumers. By encouraging lower sodium options in their community, the Partnership and Esperanza Ministries hope to reduce the risk of high blood pressure, heart attack and stroke in Johnson County.

[Click here to read the recent article in \*The Daily Journal\*](#)



Excessive salt intake has proven to be a major contributor to heart attack and stroke, the first and third leading causes of death in the United States. More than three-quarters of Americans' daily salt intake comes from foods consumed in restaurants and purchased in grocery stores. Click the icon to view "Salt Matters: Preserving Choice, Protecting Health."

## Chronic Disease COST CALCULATOR

To help states estimate the burden and financial impact of chronic diseases among their Medicaid beneficiaries, the CDC and RTI International, in partnership with the AHRQ, the NACDD, and the NPC, developed the Chronic Disease Cost Calculator.

The Chronic Disease Cost Calculator is a downloadable tool that supports states in:

1. Estimating state Medicaid expenditures for six chronic diseases – congestive heart failure, heart disease, stroke, hypertension, cancer, and diabetes.
2. Generating estimates of the costs to Medicaid of selected chronic diseases using customized inputs (e.g., prevalence rates and treatment costs).

## Diabetes & the Flu: *What You Need to Know*

People with diabetes are more likely to get flu-related complications like pneumonia and even be hospitalized or die from the flu than other people. Influenza may also interfere with blood glucose management. People with diabetes should talk with their doctor now to discuss preventing and treating the flu. *Click on each step for more information.*

**1**

**Prevent Flu: Get a Flu Shot**

**2**

**Fight Flu: See Your Health Care Provider for a Prescription**

**3**

**Have the Flu: Follow the Sick Day Rules**

Click here to view:  
[Take Charge of Your Diabetes: Taking Care of Yourself When You Are Sick](#)



## Upcoming News & Announcements

### NEWSLETTER CONTRIBUTIONS

The Diabetes Prevention and Control Program (DPCP) will be publishing newsletters on a quarterly basis during 2012. The intent of the newsletter is to network diabetes health care professionals around the state of Indiana, make readers aware of current programs and opportunities throughout the state, and to provide you with the most current data and information on diabetes.

If you have any suggestions, articles, current events or topics in your area, that you would like to be a part of the next newsletter, please call Gail Wright at 317.233.7755. The deadlines are as follows for 2012:

**1st Quarter Deadline**  
**Submission:** December 16, 2011



**An online  
self-management  
workshop for  
people  
with ongoing  
health conditions**

- Get the support you need.
- Find ways to better manage pain, fatigue, and stress.
- Discover nutrition and exercise choices.
- Understand new treatment options.
- Learn ways to talk to your doctor and family about your health.

*If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, a Better Choices, Better Health Workshop can help you get back in charge of your life.*

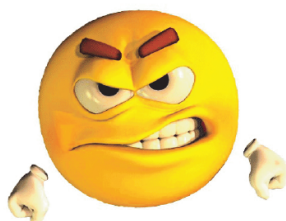
#### **SIX WEEKS OF FREE ONLINE INTERACTIVE WORKSHOPS**

**To "PUT LIFE BACK IN YOUR LIFE"**

[https://selfmanage.org/BetterHealth/SignUp?utm\\_source=partners&utm\\_medium=widget&utm\\_campaign=widget\\_BCBHButton](https://selfmanage.org/BetterHealth/SignUp?utm_source=partners&utm_medium=widget&utm_campaign=widget_BCBHButton)



**Advocacy  
with  
Attitude**



**Beyond  
Boring  
Basics**

### **2011 Annual Meeting & Policy Conference**

*Valle Vista Conference Center  
Greenwood, IN.*

**NOVEMBER 9**  
**8 a.m.—4 p.m.**

To view the conference agenda  
and registration:

<http://inpha.org/>



**American  
Diabetes  
Association®**

#### **November 5**

#### **"Moulin Rouge: We Can Can Stop Diabetes"**

*J. K. Lilly, Sr., Distinguished Service Award Gala benefiting the ADA  
Indiana Roof Ballroom, Downtown Indianapolis, 6 p.m.-11:30 p.m.*

**Tickets at [www.diabetes.org/indygala](http://www.diabetes.org/indygala)**

#### **November 12**

#### **"Ask the Experts"**

*Old National Bank, Evansville, 9 a.m.-11:30 a.m.*

**RSVP to 317-352-9226, ext. 6732 or [cdixon@diabetes.org](mailto:cdixon@diabetes.org)**

#### **November 14**

#### **"World Diabetes Day Celebration: A Diabetes Dialogue"**

*6415 Castleway W. Drive, Indianapolis, 6 p.m.-8:30 p.m.*

**RSVP at [www.diabetes.org/wddcelebration](http://www.diabetes.org/wddcelebration)**

#### **November 30**

#### **"Stop Diabetes Think Tank"**

*Indiana Chamber of Commerce*

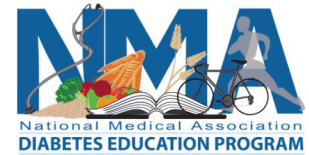
*115 W. Washington Street, Suite 850S, Indianapolis, 11 a.m.-2:30 p.m.*

**RSVP at [www.diabetes.org/thinktank](http://www.diabetes.org/thinktank)**

## Collaborative Partners\*

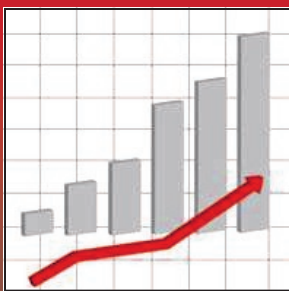


**Indiana Central Association  
of Diabetes Educators  
ICADE**



The National Medical Association (NMA) Diabetes Education Program is now on Facebook. This social media tool is another instrument the program uses to inform the public about diabetes and programmatic developments. The NMA Diabetes Education Program is in its fifth year of existence. Through the utilization of the six established NMA coalitions in Atlanta, Houston, Los Angeles, Pine Bluff, the District of Columbia and Indianapolis, the NMA has been able to cover significant ground and share information about diabetes to African Americans and the wider community as a result of its collaborative outreach efforts. Since the program's inception five years ago, over 205 outreach activities have been completed.

\* Logos used with permission of organizations.



**LOOK FOR 2010  
DIABETES FACTS  
& FIGURES & THE  
BURDEN OF  
CARDIOVASCULAR  
DISEASE  
in the**

**2012—1st QUARTER DIABETES &  
CARDIOVASCULAR HEALTH NEWSLETTER**



**Your License Plate Can  
Help Stop Diabetes<sup>SM</sup>**

Renewing your Indiana license plate this month?

Choose the new Stop Diabetes license plate and support research, education and advocacy in Indiana.

Select the Stop Diabetes license plate when you register or renew your vehicle at [www.mybmvi.in.gov](http://www.mybmvi.in.gov) or any Indiana license branch. Your plate could help change the future of diabetes in Indiana. Join the Millions<sup>SM</sup> in the movement to Stop Diabetes®!

### Visit the DPCP Website for:

- Up-to-date facts and figures
- Current news, events, (*Archived Newsletters*)
- Resources and forms\*

\*Did you know about . . .

the “*Application for Insulin and Township Claim*” for Indiana residents who are in need of insulin and who are financially unable to purchase it.

*To be completed by the physician and local county health officer.*

If you would like to be added to the email mailing list to receive this quarterly newsletter, please contact: Diabetes Prevention and Control Program,  
Phone: 317.233.7755 or Email: [gawright@isdh.in.gov](mailto:gawright@isdh.in.gov)



Indiana State  
Department of Health

**Indiana State Department of Health  
Diabetes Prevention and Control Program  
Health and Human Services Commission**

**Meenakshi Garg, M.D., M.P.H.**  
Chronic Disease Medical Director

**Laura T. Heinrich, R.D., C.D.**  
Program Director

**Manisha Singhal, M.P.H.**  
Program Coordinator

**Champ Thomaskutty, M.P.H.**  
Program Epidemiologist

**Gail Wright**  
Communications Specialist